

## **ABSTRACT OF THE DISCLOSURE**

An exercise treadmill includes a base frame having first and second guiding slots in each of two lateral sides thereof, a treadmill frame, which has two locating rods respectively movably coupled to the second guiding slots and a shaft transversely disposed at a front side thereof and moveably coupled to the first sliding slots at two distal ends thereof, and a lifting device. The lifting device includes a motor and a transmission mechanism coupled to the motor and the shaft for moving the shaft along the first guiding slots and to further lift the front side or a rear side of the treadmill frame so as to further adjust the angle of inclination of the treadmill frame or to receive the treadmill frame in a non-operative position.